

ASIAN SALAD

INGREDIENTS

Seasonal produce

(Cucumber, lettuce, capsicum, carrot, beans, Rainbow chard, spinach)

½ tbsp Salt

3 tbsp White sesame seeds

¼ cup Fresh mint, finely chopped

DRESSING

2 tbsp rice wine vinegar

1 ½ tsp sesame oil

1 small red chilli, de-seeded and finely chopped (optional)

½ tsp sugar

METHOD

Prepare all of the ingredients based on the instructions in the ingredients list.

Toast the sesame seeds in a pan until they are golden brown.

Whisk together the rice wine vinegar, sesame oil, chilli and sugar in a small bowl.

Toss the fresh ingredients with the dressing, mint and toasted sesame seeds in a large mixing bowl.

Transfer to serving bowls.